

(TMI Focus, Vol. XIII, No. 1, Winter 1991)

MIND'S "I"

MIND'S "I" is a new offering of the Institute, a personal, customized tape in your own voice, with Hemi-Sync. You decide what you want to say to yourself, either creating your own messages or choosing among those we make available. You provide the voice; the Institute adds the powerful Hemi-Sync structure. MINDS "I" comes in a morning format to guide your daily activities and evoke changes in your life pattern, or in a nighttime format. which leads you gently into restful sleep and influences your sleep activities. Call the Institute to request a MIND'S "I" information package.

C.G. of Alexandria, Virginia, says about her MIND'S "I" tapes: "When I hear my own voice on the tapes, I feel happy and a warm glow inside. It's hard to describe—it's like I am really and truly liking myself more and better. For years I had not been able to remember any of my dreams, and I now wake up every night and record what I am dreaming about. When using the morning tape as soon as I wake up, I seem to be really rested and ready for the day. It has been a big help in getting me up and going."

[THESE TAPES RE NO LONGER AVAILABLE.]